EasyOS Ergonomics Standard v1.0

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This document defines the PP4MNK Ergonomics Standard for Lightweight Linux Systems, including EasyOS, Puppy Linux, and XFCE-based environments. The purpose of this standard is to improve usability, reduce fatigue, and enhance performance during long computing sessions.

Domain 1 — Display Ergonomics

- DPI optimization (96–120)
- Font rendering clarity
- Night mode usage
- Cursor size optimization

Domain 2 — Pointer Ergonomics

- Acceleration tuning
- Precision validation
- Latency detection
- Polling rate awareness

Domain 3 — Keyboard Ergonomics

- Repeat rate tuning
- Delay configuration
- Layout validation
- Shortcut efficiency

Domain 4 — Window Management

- Focus policy tuning
- Snap distance optimization
- Animation reduction
- Fast window switching

Domain 5 — Performance Ergonomics

- CPU temperature control
- Memory usage monitoring

- Load average validation
- System responsiveness

Domain 6 — Internet Ergonomics

- Latency measurement
- DNS performance
- Download validation
- Network stability

Domain 7 — Cognitive Ergonomics

- Menu simplicity
- Desktop clutter reduction
- Navigation clarity

Domain 8 — Automated Audit System

- Global ergonomic scoring
- Historical logging
- Trend analysis

Domain 9 — Ergonomic Profiles

- Beginner profile
- Developer profile
- Performance profile
- Low-fatigue profile

Domain 10 — Fatigue Prediction

- Session duration tracking
- Break recommendations
- Fatigue risk detection

Domain 11 — Certification Model

- Basic ≥ 70
- Recommended ≥ 85
- Professional ≥ 90

Domain 12 — Scripts Appendix

- Display scripts
- Pointer scripts
- Keyboard scripts
- Performance scripts